

Smoking Cessation for HealthSelect Members

In just six, one-hour classes, you can be smoke free!

Classes are held once a week for the first four classes
and every other week for the last two classes.

Session 1: On your way to a smoke free life

Session 2: The effects of smoking

Session 3: QUIT DAY

Session 4: The new you

Session 5: Progress report

Session 6: Celebrate success!

Classes begin at 12:30p.m. and run 1 to 1 ½ hours.

The program uses a comprehensive approach to help participants quit smoking in a timely manner and **HealthSelect members are eligible for drug therapy (Nicotine Patch or Zyban) to assist in their success of becoming smoke free!**

Everyone loves a Quitter!

For more information,
contact Leticia Rodriguez at 602/344-1437

